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ABSTRACT OF THE DISCLOSURE

A communications system and method for self-regulating quality of service in a communications network are provided which includes measuring the amount of jitter of a first media stream received in a router, comparing the amount of jitter of the first media stream received in the router to the amount of jitter of at least one other media stream received in the router and prioritizing the timing of the transmission of a packet in the first media stream from the router based at least in part on the results of the comparing step. The communication system and method for self regulating quality of service also provide for self-regulating quality of service in a communications network by receiving at a first router a measurement of the amount of jitter associated with the media stream at a third router and prioritizing the timing of the transmission of a packet in the media stream from the first router via a second router toward the third router based at least in part on the amount of jitter associated with the media stream measured at the third router.